



A 5-WEEK SERMON SERIES

HEALTHY *Things* GROW

GOD TRANSFORMS US FROM THE INSIDE OUT.

*Keep thy heart with all diligence;
for out of it are the issues of life.*

PROVERBS 4:23



WEEK 1
GUARD YOUR
HEART

PROVERBS 4:20-27



WEEK 2
HEALTHY
RELATIONSHIPS

EPHESIANS 4:25-32



WEEK 3
HEALTHY
MINDS

ROMANS 12:1-2



WEEK 4
HEALTHY
HABITS

JOHN 15:1-11



WEEK 5
THE FRUIT OF
A HEALTHY LIFE

GALATIANS 5:22-25

BEFORE GOD
CHANGES WHAT
IS AROUND US,
HE BEGINS BY
CHANGING WHAT
IS WITHIN US.

HEALTHY THINKING

ROMANS 12:1-2

YOU CANNOT LIVE A TRANSFORMED LIFE WITH A CONFORMED MIND

Pastor Travis M. Tullis

HEALTHY THINGS GROW | WEEK 3

www.priestlake.org

Week 3: Healthy Thinking

RENEW YOUR MIND • LIVE TRANSFORMED

BIG IDEA

You cannot live a transformed life with a conformed mind.

Governing Scripture

“And be not conformed to this world: but be ye transformed by the renewing of your mind...” — Romans 12:2 (KJV)

The Movement of Renewal

The world continually tries to shape how we think. Some programming comes through culture, family, pain, disappointment, repeated words, and unhealthy experiences. A thought can become familiar, then believable, then a settled conviction that begins directing how we live.

THIS WEEK'S FRAMEWORK

PROGRAMMED → DEPROGRAMMED → REPROGRAMMED → TRANSFORMED

This Week's Movements

- 1 Recognize the programming.
- 2 Cast down what contradicts God.
- 3 Answer lies with “It is written.”
- 4 Renew intentionally through prayer, the Word, worship, and fellowship.
- 5 Align private formation with public living.
- 6 Let renewed thinking produce transformed, fruitful living.

Sunday Message Notes

LISTEN FOR WHAT GOD IS REVEALING, CORRECTING, AND CALLING YOU TO DO

Key Lines

- Just because a thought is familiar does not mean it is true.
- Eventually, your thinking leaks into your living.
- The experience may have been real, but the conclusion can still be wrong.
- The answer to a lie is not another opinion. The answer to a lie is truth.
- If you are not intentional about renewal, you will unintentionally drift back into the programming of this world.
- What God is forming in you privately will eventually become evident publicly.

What the Holy Spirit Is Saying to Me

My Immediate Response

Monday: Recognize the Programming

READ

Romans 12:1-2; Proverbs 23:6-7

TODAY'S TRUTH

You cannot challenge a pattern you refuse to recognize.

Reflect

Some thoughts feel natural because they have been rehearsed for years. Culture, family, pain, disappointment, and repeated experiences can teach us ways of thinking that do not agree with God. A familiar thought is not automatically a true thought. Renewal begins when we become willing to ask where our thinking came from and whether it agrees with God's truth.

Heart Check

What thought pattern has become so familiar that I rarely question it?

Who or what may have taught me to think this way?

Pray

Father, help me recognize every pattern of thinking that does not agree with You.

My One Faithful Step

Tuesday: Cast It Down

READ

2 Corinthians 10:3-5

TODAY'S TRUTH

The experience may have been real, but the conclusion can still be wrong.

Reflect

A stronghold is a way of thinking that has been repeated and reinforced until it begins controlling how we interpret life. Deprogramming does not deny what happened. It refuses to give pain, fear, failure, rejection, or the past permanent authority over what we believe. Every thought must come under the lordship of Jesus Christ.

Heart Check

What conclusion have I drawn from a real hurt or disappointment?

Does that conclusion agree with what God has revealed to be true?

Pray

Jesus, bring my thoughts under Your authority. Help me cast down what contradicts You.

My One Faithful Step

Wednesday: It Is Written

READ

Matthew 4:1-11; Hebrews 13:5

TODAY'S TRUTH

The answer to a lie is not another opinion. The answer to a lie is truth.

Reflect

In the wilderness, Jesus answered temptation with the Word: "It is written." Renewing the mind is not positive thinking. Positive thinking begins with what I want to tell myself; biblical thinking begins with what God has said. We cannot stand on promises we do not know, so healthy thinking requires a mind increasingly filled with Scripture.

Heart Check

What lie or distortion has been speaking loudly to me?

What specific Scripture answers it?

Pray

Lord, fill my mind with Your Word so I can recognize lies and answer them with truth.

My One Faithful Step

Thursday: Intentional Renewal

READ

Romans 12:2; Philippians 4:8

TODAY'S TRUTH

If you are not intentional about renewal, you will unintentionally drift.

Reflect

Drift does not require a decision. Renewal does. Prayer, the Word, worship, and fellowship help keep us from returning to old programming. These practices must be intentional, genuine, and consistent. We are not merely going through church motions; we are cooperating with God's work of renewing our minds.

Heart Check

Which of the four practices has become inconsistent or mechanical for me?

What intentional change will I make today?

Pray

God, keep me from drifting. Make my prayer, study, worship, and fellowship genuine and consistent.

My One Faithful Step

Friday: Private and Public Alignment

READ

Matthew 6:6; Luke 6:45

TODAY'S TRUTH

What God is forming in you privately will eventually become evident publicly.

Reflect

Jesus teaches that the Father sees what happens in secret, and He also teaches that the mouth speaks from the abundance of the heart. Prayer, the Word, and worship have personal and corporate expressions. Fellowship requires other believers. The private life and the corporate life are not competitors; they are meant to be aligned. The private feeds the public, and the public supports the private.

Heart Check

What is God forming in my private life right now?

Is my public spiritual life supported by genuine private practice and healthy fellowship?

Pray

Father, make my private life with You genuine, and let what You form in me become visible fruit.

My One Faithful Step

Saturday: Renewed Thinking, Transformed Living

READ

Romans 12:2; 2 Corinthians 5:17

TODAY'S TRUTH

Renewed thinking produces renewed responses.

Reflect

Transformation becomes visible when renewed thinking changes how we respond. Fear does not have to produce control. Pain does not have to produce walls. Another person's success does not have to produce jealousy. Criticism does not have to produce defensiveness. Healthy thinking produces healthy choices; healthy choices become healthy habits; healthy lives bear fruit.

Heart Check

Where would a renewed thought produce a different response from me?

What fruit could grow if I consistently respond according to God's truth?

Pray

Lord, transform my living by renewing my mind. Let Your truth produce visible fruit through me.

My One Faithful Step

Weekly Thought Inventory

NAME WHAT IS RUNNING, WHAT MUST BE CAST DOWN, AND WHAT TRUTH MUST TAKE ITS PLACE

1. What Has Been Running Through My Mind?

About God:

About myself:

About other people:

About my future:

2. Where Did This Programming Come From?

☐ Culture ☐ Family ☐ Pain ☐ Disappointment ☐ Fear ☐ Repeated words ☐ Other

3. Does It Agree With the Knowledge of God?

The thought I need to challenge:

4. What Is Written?

The Scripture that answers this thought:

5. Who Can Help Me Stay Grounded in Truth?

It Is Written

RECOGNIZE • REJECT • REPLACE • REHEARSE • RESPOND

WHEN THE LIE SAYS...	ANSWER WITH WHAT IS WRITTEN
"You are by yourself."	Hebrews 13:5 — "I will never leave thee, nor forsake thee."
"God could never forgive you."	1 John 1:9 — He is faithful and just to forgive.
"You will always be what you used to be."	2 Corinthians 5:17 — In Christ, you are a new creature.
"Your past has disqualified you."	Romans 8:1 — There is now no condemnation in Christ Jesus.
"You cannot make it through this."	2 Corinthians 12:9 — His grace is sufficient.

My Current Thought Battle

Recognize the thought:

Reject the lie:

Replace it with truth - What is written?

Rehearse the truth - When and how will I return to it?

Respond according to the truth - What will obedience look like?

My Week 3 Growth Plan

INTENTIONAL • GENUINE • CONSISTENT

REMEMBER

If you are not intentional about renewal, you will unintentionally drift back into the programming of this world.

RHYTHM	MY PERSONAL PRACTICE	MY CORPORATE / CONNECTED PRACTICE
Prayer	When will I pray honestly and believe what I pray?	How will I participate in prayer with other believers?
God's Word	What will I read, meditate on, and obey?	Where will I study and discuss Scripture with others?
Worship	How will I personally turn my attention and affection toward God?	How will I worship genuinely with the church?
Fellowship	Who will know what is really happening in my life?	What Life Group / Christian community will I stay connected to?

My Commitment

With God's help, I will renew my mind by:

The thought I am bringing under the authority of Christ:

The truth I will rehearse:

The person who will help me stay grounded in truth:

Prayer

Father, renew my mind. Show me the programming that does not agree with You. Give me courage to cast down every thought that exalts itself against the knowledge of God. Fill me with Your truth. Make my prayer, study, worship, and fellowship intentional, genuine, and consistent. Align my private life and my public life, and let renewed thinking produce transformed, fruitful living. In Jesus' name, amen.

MY WEEK 3 DECLARATION

I will not believe every thought that enters my mind. I will bring my thoughts under the authority of

HEALTHY THINGS GROW • WEEK 3

Jesus, answer lies with what is written, and intentionally renew my mind with God's truth.

NEXT WEEK: Healthy Habits — John 15:1-11